



Breakspear Medical Bulletin

Breakspear Medical Group Ltd, Issue 6

Spring 2004

Notes on Hay Fever

Hay fever was first described by a physician at the beginning of the Industrial Revolution in 1819 and he called it seasonal catarrh (catarrhus aestivus). After recognising the symptoms in himself, it took him nearly 10 years to identify a dozen other sufferers. This shows how uncommon it was at the start of the Industrial Revolution. Now it is twice as common in towns as it is in the country. This is largely a result of road traffic pollution and the effect of sunlight on it, known as "petrochemical smog".

Hay fever's incidence has steadily increased since the

Industrial Revolution and it now affects almost 20% of the population of the UK. The peak age for contracting hay fever is twenty years though many children suffer and it may develop at any age. Hay fever

sensitise to allergens that cause hay fever in later life.

This is largely as a result of pollution and the photochemical reaction caused by sunlight, which releases ozone from sulphur and nitrogen dioxides. Ozone is a potent sensitiser of the nasal and lung linings and makes them more likely to react allergically.

For example, pollen and dust produce symptoms of hay fever such as itchy, runny, blocked nose and sneezing; itchy, red, streaming eyes; or of asthma: coughing,



sufferers are statistically more likely to have been born in the 2 to 3 months before the pollen season, which may indicate that exposure in early infancy may

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Breakspear Now Offers the UK's Only Hyperthermia Infrared-A Bed

Over 300 sq ft of Breakspear Hospital has been converted to house Britain's only hyperthermia water-filtered infrared-A bed. Showers and changing rooms have also been set up, as well as a newly installed dry sauna.

The Iratherm 1000 hyperthermia bed was imported from Germany for the purpose of detoxification, boosting metabolism and treatment of post-viral and other fatigue syndromes. (See

article inside, *New Thoughts on the Benefits of Hyperthermia*, page 4.)



The infrared-A bed is located in a separate room and is an open top design so that our medical staff have easy access to the patient, at all times, from all

directions.

One separate changing room, as well as a changing room and a shower, are within a few steps of the hyperthermia bed and the newly installed sauna.

The dry sauna has two benches for patients to sit or lie down comfortably and offers a more traditional body-heating experience for detoxification.

Breakspear Medical Group Ltd



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New, double-size *Breakspear Medical Bulletin* has more articles and a new section filled with information on the products available at Breakspear Nutritionals.

On the Market: Cervical Health Screening

Sabrina Walters (*name changed to protect identity*) was traumatised with concern over a small cyst she felt on her cervix. As cancer of the cervix is the second commonest cancer in women, Sabrina was very concerned. After a lot of worrying, she found the courage to see her General Practitioner. Her GP understood her concerns and recommended completing the appropriate tests to rule out cancer. However, through the NHS, it would take over 3 months to get the results. Understandably, when such a long waiting period is involved with concerns about cervical cancer, Sabrina looked for an alternative.

In response to Sabrina's case, Breakspear Hospital investigated the possibility of providing such testing services. In the summer of 2003, Breakspear introduced

cervical health screenings as part of its procedures.

Breakspear Hospital now offers a service for a smear test for abnormal cells, together with a check for the virus responsible for cancer of the cervix (Human Papilloma Virus) and to

...cancer of the cervix is the second commonest cancer in women...

exclude gonorrhoea and Chlamydia. Screening for abnormal cells is imperative because the cause of cancer of the cervix is a virus. From the tests performed, it can be determined whether one has the virus and whether one has any abnormal cells that indicate an early change in the cervix.

This comprehensive cervical cancer screening is available at the price of

£135 and the results will be available to you in 1-2 weeks. Breakspear Hospital also offers guidance and support.

We have the means of investigating the body's own resilience and immunology to viruses and we can develop a personalised programme to improve and maintain an improved state. Nutrition is important in raising immunity-protecting mucus membranes and is effective treatment for patients with positive smears.

We are pleased to report that Sabrina need not have worried about the cyst she found and we are glad that we are able to offer these quick results.

For further information on Cervical Health Screening, please contact Breakspear Hospital directly.

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Breakspear Medical Bulletin is a private publication that we hope to produce twice yearly. It is for the promotion of environmental medicine awareness and Breakspear Medical Group Ltd. This bulletin is not intended as advice on specific cases but as a forum of information researched and stored at Breakspear. We urge readers to discuss the articles in this bulletin with their health-care practitioners. Unauthorised reproduction of this newsletter, or quotation except for comment or review, is illegal and punishable by law.

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Did you know...?

Sainsbury's, one of Britain's largest food store chains, has produced a leaflet on the benefits of organic foods in support of the Soil

Association, an independent, not-for-profit membership organisation considered to be a leading independent authority on organic food production.

Our Apologies...

We would like to correct information printed in Issue 5 of the Breakspear Bulletin.

On 7 June 2003, Dr Jean Monro lectured for the Plaskett Nutritional Medicine College at Thames Valley University, Ealing.

On 14 June, 2003, Dr Jean Monro lectured on the Use of Mushroom Nutrition in Oncology, A New Class of Clinical Nutrition at the 5th International Symposium on Mushroom Nutrition at Westminster University, London.

Printed below is the complete sentence from page 2 that continued onto page 4 of the article, New Thoughts on ME/CFS: "Other agents, which can stimulate TH1, include some hormone products and bacterial agents, including Bacille Calmette-Guérin (BCG), normally used in the protection against tuberculosis. We also now have available a bacterial product, known to help modulate the immune system. This is a high potency probiotic preparation that can induce a TH2 response."

The leaflet explains that "scientific surveys have found that the number and variety of birds, butterfly and wild plant species tend to be greater on established organic farms." It also states, "The British Medical Association declared in 1999 that any conclusion upon the safety of introducing genetically modified materials in the UK is premature as there is insufficient evidence to inform the decision-making process."

According to the Department of Health's website, over half the people in Britain have mobile phones.

A new Mild and Hardell study confirms a link between cancer and mobile phones. As reported in *Electromagnetic Hazard & Therapy* 2003, Volume 14, No.1, a second study was conducted based on 1,600 tumour victims who had used mobile phones for up to 10 years prior to the study and Professor Mild stated, "The evidence for a connection between phone use and cancer is clear and

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Ask Jean

What is gout and what can I do about it?

Gout is due to a collection of crystals that occur in a joint or in the tissues near a joint. The crystals are formed from sodium biurate, which comes from uric acid. The conventional treatment for an excessive amount of uric acid in the blood is the use of a drug called Allopurinol, which is described in the latest issue of the British National Formulary as "a well-tolerated drug which is widely used [and] especially useful in patients with renal impairment or urate stones where uricosuric drugs cannot be used".

The cause of raised uric acid has been attributed to abnormal protein degradation and also to proteins that are broken down into urea prior to excretion. If uric acid is formed in excessive quantities this can lead to gout.

In our experience at Breakspear Hospital, we have found that if people have a high level of uric acid this often occurs not necessarily because of protein intake, or a particular type of protein in the diet, but because the activity of yeasts produces uric acid from proteins inside the gut. This can then be absorbed and the high levels of uric acid can have the consequences of settling as



sodium biurate crystals in the joints. We have often found that if we treat a yeast overgrowth with antifungal treatments such as Nystatin or Amphotericin, the problem can be addressed at the outset. We always feel it is better to prevent things from happening rather than have to treat the consequences.

The problem is confounded by the fact that people with allergies are more likely to have yeast overgrowth and, where there are increased amounts of yeasts, then allergy is more likely to develop. To further add to this problem, yeasts themselves can readily provoke an allergic reaction and often there is a combination of yeast overgrowth and yeast allergy.

My brother has had jaundice. Can you tell me whether there are any treatments for the type of jaundice that is due to hepatitis virus?

Jaundice is the yellowish discolouration of the skin caused by an excess of bilirubin. It can also be manifest as yellowing of the whites of the eyes. This is a product of the

breakdown of red cells in the natural course of their life cycle. Red cells last approximately 4 months. They are broken down and the iron is re-used in forming new haemoglobin in new red cells. However, in the course of their breakdown bilirubin is released. In anyone who has liver disease, the clearance of bilirubin by the liver can be impaired. About 5% of the population has a problem with breaking down bilirubin. This is a condition called Gilbert's Syndrome. In this condition, part of the clearance of bilirubin, by a process called glucuronidation, is imperfect because the enzyme required is poorly functioning. This is an inherited condition and of course it leads to the risk of people becoming jaundiced very easily if the liver is over-used or subject to a viral infection. Quite a number of viruses can affect the liver. We have detected liver degeneration from Epstein-Barr virus, herpes virus infection and a condition called Lyme Disease, which can follow a tick bite, as well as from the commonly occurring hepatitis viruses.

We can test for these viruses and often help with the treatment of liver disease using diet and nutritional support. A detailed information sheet about this can be obtained on request from the Breakspear Hospital.

Breakspear Hospital Trust Has Been Granted Official Charity Status

By Ron White, Breakspear Hospital Trust Chairman

Many of you will know that Breakspear Hospital Trust was set up early in 2003 with a view to its becoming a charity, following the winding-up of the Environmental Medicine Foundation.

Seven trustees were appointed and I am very pleased that I was asked to become Chairman of the trustees, the others being (in alphabetical order) Keith Bishop, Clare Kerr, Alister Monro, Neil Monro, Paul West and Robbie Wilson. Of course Alister and Neil are well-known at Breakspear and the others, including myself, all have some connection to the hospital as either patients or relatives of patients, except



Paul who is a Chartered Accountant and acts as treasurer. I'm

delighted to say that in October we

were granted charity status by the Charity Commission at the first time of asking, so now we are able to invite donations and claim the tax back from the Inland Revenue as well. The main objective of the trust is to make the excellent work done at Breakspear, and maybe elsewhere, available to

people who would not otherwise be able to afford it; of course we don't know how many people this is but we do anticipate, in the early days at least, that demand will outstrip supply. We will also fund research into environmental illness and its treatment.

Our top first priority is to build up the funds so that we can start to help as quickly as possible and we have a number of projects on the stocks to do this, as well as pursuing donations from interested people and organisations.

We're not in a position to start spending just yet but watch this space! In the meantime all constructive ideas (and money!) will be most welcome.

New Thoughts on the Benefits of Hyperthermia Treatment

Increasing the body's temperature has been found to be beneficial in eradicating many illnesses. It is well known that with a number of infectious illnesses the body temperature rises. This is partly because there are substances called pyrogens released from the tissues, which alter the temperature control mechanisms of our bodies and the 'thermostats' are set at a higher level. The automatic control of body temperature can be overridden by using external heat supplies to increase the body temperature. Whenever the temperature of the body is caused to rise, then metabolism and secretion are accelerated.

The principle of raising the temperature of the body and increasing excretion through the skin has been used for many years in sauna treatments. In our new facility we now have equipment that not only raises body surface temperature, as does a sauna, but also raises body core temperature, which can have a major therapeutic effect.

Using the new hyperthermia infrared-A bed at Breakspear Hospital, we have a means by which the whole body can be

Infrared treatment can be used for:

- arterial hypertension
- muscle tension
- chronic back pain
- fibromyalgia syndrome
- neuralgia
- migraine
- chronic inflammatory disorders
- chronic rhinitis
- bronchial asthma
- Seasonal Affective Disorder (a depressive disorder, which can occur in the winter)
- rehabilitation in sports medicine
- detoxing in people who have been exposed to pollutants
- chronic viral illnesses

heated with our infrared-A source. This is similar to the heat radiation from the sun, which is normally filtered by the atmosphere and contains water. In this equipment, infrared-A light is filtered through water and the individual will be exposed only to infrared-A frequencies. Once the heat reaches the skin, where the blood circulates readily and freely, there is a rapid distribution of warmth to the whole of the body and the core temperature of the body can be raised by several degrees centigrade. Most other forms of heat therapy raise the temperature by only tenths of a degree. This form of heat radiation is much more effective.

The individual lies on a net, like a hammock, which is suspended over the source of the heat, and during the therapy temperature and pulse are monitored, and the individual is observed by medical staff.

At present, Breakspear Hospital is the only facility in the United Kingdom to offer this method of treatment.

Did you know...?

(Continued from page 2)

convincing. The more you use mobile phones and the greater number of years you have them, the greater the risk of brain tumours...my advice is never to use one without a hands-free headset."

The article went on to say that analogue, digital (GSM) and DECT cordless phones were all linked to increased tumour rates and the tumour increase becomes significant after about 10 years of use.

The debate over whether fluoride should be added to drinking water continues in the House of Commons. As reported in *The Times*, 9th September 2003, supporters of the proposal say that adding fluoride to drinking water would be a step towards keeping tooth decay in check, particularly in children

from poorer families. However, the opponents claim that this "overrides the



rights of people who do not wish to have medication added to water". Heated debates were on-going as plans were to let local health chiefs

decide whether to add fluoride to water or not.

First Foods, Amersham, Buckinghamshire, exclusively sells their unique ice cream non-dairy alternative through health food stores. The product is made not from cow's milk but from pure oats with no artificial additives, colouring or flavourings. The range is GMO free and suitable for vegetarians, vegans or anyone who wishes to avoid dairy, animal fats and cholesterol, or soya.

A case-control study published in the *British Medical Journal*, 30th March 2003, discovered that allergens and viruses may act together to exacerbate asthma. It investigated the importance of sensitisation and exposure to allergens and viral infection in precipitating acute asthma in adults, resulting in admission to hospital.

The Times, 14th November 2003, published an article entitled "Allergies put more people in hospital" by Oliver Wright, Health Correspondent. This article stated that the research, published in the *British Medical Journal*, 15th November 2003, found that from 1990-91 and 2000-01 there were more than 49,000 admissions to hospital caused by allergic conditions. This increased from 1,960 admissions in 1990-91 to 6,752 in 2000-01.

Tribute to Long-time Breakspear Volunteer, Joyce Keller 1922-2003

By Dr Jean Monro

Mrs Joyce Keller was known to us all who worked for and helped, and are patients of the Breakspear Hospital and its antecedents, as our most loyal supporter.

She gave us her total devotion and unstinting praise. Since the late 1970s, she spent many of her waking thoughts on us. She came to Breakspear every day that she could, six days a week, to give us her kindness and encouragement, her cards, her newspaper cuttings, her gifts of cups of tea, flowers and feasts. Such a gift of love is very precious. Although her affection was requited, the measure of her love for us was unsurpassed.



Each of us will have our special memory of Joyce and our own image of her. I think of her

sometimes as a tenacious terrier, hounding the night-time chat show hosts and writing incessantly to all in Fleet Street. She must have had her own filing cabinets in Buckingham Palace and Downing Street and I can hear her say, "If not, why not?" Some ministerial head would roll if she had her way and the files are incomplete!

Her judgement of people was entirely proportionate to whether they lauded

or recognised Breakspear. Anyone who was not a friend of Breakspear was not Joyce's friend, but equally anyone who could be unkind to Joyce and did not recognise her heart of gold, was no friend of ours.

Without intention of irreverence and because she would have chuckled, I can say that her spirit will continue to support us. Should it be possible, her finger would be directing the lottery balls in our favour forever!

Joyce will be a legend for us. She will be sadly missed and mourned, as she has been part of Breakspear.

'Blesséd are they that mourn for they shall be comforted.'

Thoughts on Joyce Keller

"Her concern was always for others. Whatever the request, Joyce carried it out very willingly and with great enthusiasm. She was always an optimist, whatever the issue. There was never any question as to where her loyalty lay. We all continue to miss her many kind deeds." - Anne Holland, Breakspear Patient



Notes on Hay Fever

(Continued from page 1)

wheezing and shortness of breath.

Nitrogen oxide, released from vehicle exhausts, can damage the sensitive lining of the nose at levels of 0.4 to 2.0 parts per million, making sufferers more vulnerable to attack.

Particles in diesel engine fumes can enhance pollen sensitivity and produce allergic reactions in their own right. In twenty years the number of people treated for hay fever has risen over 400%, although city pollen counts have dropped. Asthma and eczema are also rising in incidence, by about 5% per year. Nitrogen dioxide levels in central London rose by 40% between 1979 and 1989.

Recent research shows that urban air may contain up to 100,000 nano-metre sized particles per ml. These particles are coated with chemicals, such as ammonium sulphate derived from fossil fuel combustion, and these chemicals are irritant to the membranes of the nose, eyes, throat and lungs.

Many people suffer in sunny, bright weather as a result of the photochemical

effect described previously. However, a proportion of people suffer more at the onset of wet, rainy weather. Researchers in Australia have discovered that starch granules packed tightly within pollen grains are released on contact with water and these are sufficient to provoke allergic reactions in susceptible people.

In the presence of rainwater and high humidity, each pollen grain bursts, releasing about 700 granules of starch. These are each approximately 1 millionth of a metre across and can easily penetrate the airways, causing asthma and hay fever.

Some people are affected more as a result of the dramatic increase of mould spores, which occurs during rain and thunderstorms. Patients may be more susceptible to moulds and dust during the hay fever season, even though they are normally able to tolerate them when they are not reacting to pollen.

Hay fever can occur at any time between February and September, depending on the pollen(s) responsible. The commonest problem is with grass and these pollens are produced from April to the end of September.

Traditional treatment has involved the

use of antihistamines, steroids and decongestants. At Breakspear Hospital we use another treatment called "provocation/neutralisation". The testing begins with a skin test of various strength solutions of various pollens and the aim of testing is to find the individual's degree of sensitivity. The goal is to reach a "neutralising dose": one that stops the symptoms. A neutralising vaccine (a mixture of the various neutralising doses) is then created in the laboratory and is usually self-administered 3 times a day during peak hay fever season. These vaccines have an 80% chance of working well and have no deleterious effects on the mind or the ability to think, unlike traditional methods of treatment.

Hay fever sufferers can help themselves in a number of ways. Staying indoors with windows closed, avoiding fields, grass and cut grass, and wearing sunglasses may all reduce symptoms. Avoiding pollution from traffic or industry and avoiding processed foods and wheat (closely related to grass) in the diet may also help.

For more information on self-help treatments or the provocation/neutralisation techniques used at Breakspear, please contact the hospital directly.

Giving Thought to Everyday Things

Many people don't have to give a second thought to the everyday products that they purchase and use.

But some of us can't buy products just anywhere.

Breakspear Nutritionals has put together this collection of everyday products that we've selected as wise choices for sensitive people.

Call us: + 44 (0) 1442 266 244.

Call our Pharmacy Department between 9:00 am and 4:30 pm, Monday to Friday. Outside those times, you may leave your telephone number and we will call you back.

Send a fax: + 44 (0) 1442 266 388.

Please write a note, stating which products you would like to purchase, including your credit card details and daytime phone number in case any details have not printed clearly.

Write a letter: Breakspear Nutritionals, Hertfordshire House, Wood Lane, Paradise Estate, Hemel Hempstead, Herts, United Kingdom, HP2 4FD

Please write a note, including your credit card details or enclosing a cheque. Please make cheques payable to "Breakspear Hospital" and print your name, address, telephone number and cheque card number on the reverse of the cheque.

Or come and visit us at Breakspear Hospital!

All prices are inclusive of VAT, where applicable.

All delivery orders will be charged a standard postage and packaging charge of £4.50.

Please allow up to 4 weeks for delivery.



Bio-D Squeaky
Natural Hand Cleaner
with Hemp Oil 500g

Gel-paste formulated to remove oil, grease and paint using coconut oil, hemp oil and citrus fruit derived soaps.

£4.15



Bio-D Multi-Surface
Cleanser 1L

Made from a blend with coconut detergents, vegetable glycerine and sweet orange oil, this non-scratching cleanser works on sinks, baths, cookers, floors and many other household surfaces.

£2.49



Bio-D Concentrated
Washing-Up Liquid 1L

This biodegradable, perfume-free product is made from a blend of detergents such as coconut oil, citric acid and vegetable glycerine. Allergy tested and comes in a recyclable package.

£1.78



Crimpers Gentle Shampoo Frequent Wash 250ml

A mild shampoo with gentle cleansing action allowing for frequent use. It is prepared without any unnecessary additives and is particularly suitable for sensitive scalps.

£2.95

Crimpers Pure Gentle Shampoo for Dry/Damaged Hair 250ml

This mild shampoo for dry or damaged hair is hypo-allergenic. The formula ensures that this shampoo does not strip the hair and scalp of natural oils.

£2.95

Crimpers Gentle Conditioner Dry or Damaged Hair Formula 250ml

An oil-free conditioner to nourish and repair dry, damaged hair as well as chemically treated hair. No added perfume or colourant.

£2.95

Crimpers Gentle Hairspray Firm Hold with Aloe-Vera 200ml

Hypo-allergenic hairspray, in a non-aerosol bottle, that provides firm hold, body, volume and condition. Contains aloe vera.

£3.95

Buy any 3 Crimpers products in the same order and receive a 10% discount on any additional Crimpers products. *(Offer available only until 1st June 2004.)*

Breakspear

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How To Find Us

By Road

From M25—(clockwise) Exit Junction 20, take A41 to Hemel Hempstead. Exit and follow signs for Town Centre. At large (Plough) roundabout, take Exit A414 (M1). Take second left turning (Wood Lane).

Or

From M25—(anti-clockwise) Exit Junction 21 and take M1 Northbound, then exit Junction 8, Hemel Hempstead. Follow the dual carriageway towards Town Centre, across 4 roundabouts. Then at the fifth roundabout, U-turn back up the dual carriageway and take second turning left (Wood Lane). M1—Junction 8 Hemel Hempstead, as above.

By Rail

There are regular trains from London Euston on the Northampton Line to Hemel Hempstead (approximately 25 minutes from London). There is a taxi rank at the station (approximately 2 miles).

Notice Board

Support Group for Parents and Sick Children

Jessica James had been unwell ever since she was a small child. She's now grown up and both she and her mother would like to help form a support group for other families in similar situations. Francesca James, Jessica's mother, received child psychology training as a teacher and this helped her to deal with the pressure and constant worries of raising Jessica.

Please contact them directly for more information. Email:

<myth@beeb.net>, Telephone:
01792 391 272

The Commission for Patient and Public Involvement in Health is wishing to recruit members of the public to become involved in the large networks of local health forums all over England. For more information, please call 0845 120 7111 or visit www.maketimeforhealth.org



On 1 August 2003, Breakspear accounts department member, **Murtaza Akhtar** married **Saima Qabal** during a 4 day ceremony in Islamabad, Pakistan, in front of 300 guests. The couple then honeymooned in Lahore.

Are you allergic to cats?

We offer a desensitisation programme at a cost of £195. Allergies to other animals may also be treated. For further information, please contact Breakspear Hospital directly 01442 261 333.

Dr Jean Monro's Lectures

On 11th October 2003, Dr Jean Monro lectured on Chronic Fatigue to students of the Plaskett Nutritional Medicine College.

Dr Monro has been invited by Dr Ohnsorge to speak at a seminar at Arlon in Belgium on 13th March 2004. The theme of the seminar will be "Environmental Diseases, a Challenge for the Healthcare Professionals" and its purpose will be to discuss ways of co-ordinating environmental healthcare in Europe.

As Medical Director of an environmental health clinic of high repute, she has been invited to explain her diagnostic and therapeutic methods.

Dr Monro has once again been invited to speak at the *Annual Symposium of the American Environmental Health Foundation*, to be held in Dallas, Texas, from 24th-27th June 2004.